



Anti-Aging Techniques of Mr Passive

I'm an Entrepreneur but also an Experimentalist. I love to test & evaluate some of the latest Anti-Aging techniques out there. Here are some that currently have my attention:

Cold Therapy:

Is cold therapy new? Absolutely not! However, research is exploding outlining all the different benefits. Cold Therapy has been known to decrease muscle soreness among other acute muscless stressors but now there is a bunch of research coming out about cold therapy's impact on Mood, Depression, and other Mental Health disorders.

Mike's usage: 2-5 minutes in the morning. Try to not do it after strength workouts as it does show inhibitory effects on strength/muscle adaptations within 4 hours after exercise.

NMN & Resveratrol:

NMN (Nicotinamide Mononucleotide) and Resveratrol are two supplements that have gained attention for their potential health benefits. Here are some of the benefits associated with each:

Benefits of NMN:

1. Cellular Energy Production: NMN is a precursor to NAD+ (Nicotinamide Adenine Dinucleotide), a molecule involved in cellular energy metabolism. By increasing NAD+ levels, NMN may support the efficient functioning of mitochondria, the cellular powerhouses responsible for generating energy.
2. Anti-Aging Potential: NAD+ levels naturally decline with age, and this decline has been linked to various aspects of aging. NMN supplementation may help maintain NAD+ levels and potentially support healthy aging processes, including cellular repair, metabolism, and DNA maintenance.
3. Improved Metabolic Health: Some studies suggest that NMN supplementation may improve metabolic parameters, such as insulin sensitivity, glucose metabolism, and lipid profile. It may potentially have implications for managing conditions like obesity and type 2 diabetes.
4. Neuroprotection: NAD+ is involved in regulating various cellular processes in the brain. NMN has shown potential neuroprotective effects in preclinical studies, potentially contributing to brain health, cognitive function, and protection against age-related neurodegenerative diseases.

Benefits of Resveratrol:

1. Antioxidant and Anti-Inflammatory Properties: Resveratrol is known for its antioxidant and anti-inflammatory effects. It helps neutralize harmful free radicals in the body,

reducing oxidative stress and inflammation, which are associated with various chronic diseases.

2. **Anti-Cancer Effects:** Some studies suggest that resveratrol may have anti-cancer properties by inhibiting cancer cell growth, inducing apoptosis (programmed cell death), and reducing inflammation. However, further research is needed to fully understand its potential in cancer prevention and treatment.
3. **Cognitive Function:** Resveratrol has been investigated for its potential cognitive benefits, such as enhancing memory and protecting against age-related cognitive decline. It may influence brain health through its antioxidant and anti-inflammatory effects, as well as by activating certain signaling pathways involved in neuroprotection.

Mike's usage: 2g of NMN & 600mg of Resveratrol every morning. Taken with Kefir made with raw milk to improve the absorption rate.

It's important to note that while NMN and Resveratrol show promise in preclinical and some clinical studies, more research is needed to fully understand their long-term effects.

Pulsed Electromagnetic Field therapy (PEMF)

PEMF Therapy has shown to have multiple benefits:

- Enhanced Sleep & Relaxation
- Anti-inflammatory effects - reduces pro-inflammatory cytokines
- Accelerates Healing - stimulates cell growth increasing oxygenation & collagen production
- Pain Relief - reduces inflammation, improves blood circulation, and promotes tissue healing

Mike's usage: 20 minutes at laying on a PEMF mat at night time

**Everything here is Mike's opinion and Mike's opinion only. "It's important for you to do thorough research and consult with your healthcare professional before considering any supplements."*